Health Promotion Programs In Alberta Health Units 1987

Alberta
COMMUNITY AND
OCCUPATIONAL HEALTH

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Health Promotion Programs In Alberta Health Units 1987

Sharing a Vision of better health.

INTRODUCTION

This report is a first attempt to provide an inventory of health promotion initiatives in Alberta health units. The intent is to highlight programs and encourage the coordination of programming initiatives among our local health units. The information contained in this document is based on responses to a questionnaire that was distributed to all health units in 1987.

For the purpose of this report, the World Health Organization (WHO) definition of health promotion has been used. This definition states:

> "health promotion is the process of enabling people to increase control over, and to improve their health.... Health is, therefore, seen as a resource for everyday life, not the objective of living; it is a positive concept emphasizing social and personal resources, as well as physical capacities." (Discussion Document on the Concept and Principles of Health Promotion, WHO, 1984)

Health promotion initiatives included in this report are grouped into the three implementation strategies presented in "Achieving Health For All: A Framework For Health Promotion." It is important to recognize that these strategies are not mutually exclusive of one another, rather there is significant cross fertilization. These strategies include:

- fostering individual public participation
- strengthening community health services
- coordinating healthy public policy

Similar programs have been grouped together and clustered by population targets. These population targets include infants, preschool, school age, adolescents, adults, seniors and community-wide programs.

A valuable complement to this health unit inventory is a recent report called *Think Prevention*, prepared by the Joint Committee on Preventive Medicine of the Alberta Hospital Association and the Health Unit Association of Alberta. It includes survey results of current preventive practices among Alberta health units, hospitals and nursing homes, listing 290 collaborative programs and 463 innovative programs. The principles of preventive medicine and health promotion are discussed, and eminent contributors provide thoughtful comments on present day issues. Copies are available, for a fee, from the Health Unit Association of Alberta, #412, 9707–110 Street, Edmonton, Alberta, T5K 2L9.

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FOSTERING INDIVIDUAL PUBLIC PARTICIPATION

Supporting Albertans to improve their own health is central to health promotion. One way of accomplishing this is to help people assert control over factors which affect their health by encouraging public participation in health. Examples of health unit programs that foster public participation are listed on the following pages.

I. FOSTERING INDIVIDUAL PUBLIC PARTICIPATION IN HEALTH

INFANTS (BIRTH TO FOUR YEARS)

Dental Health Education

- Designed to improve dental hygiene skills of parents to teach their children.
  - Banff National Park
  - Barons-Eureka-Warner
  - Big Country
  - Chinook
  - Mount View
  - P- Sturgeon
- Preschool clinics held to improve brushing and nutrition skills
  - South Peace

Toddler's Nutrition and Feeding Your Baby Course

A course that enables parents to make informed choices about feeding their children.

- Edmonton Board of Health

PRESCHOOL

Communicable Diseases

Presentation for parents to provide knowledge on the identification, control, prevention and treatment of communicable diseases.

- Control of Communicable Disease
  - Alberta West Central
  - Sturgeon

Day Care/Preschool Health and Safety

Designed to teach the importance of good health habits, specifically hygiene and safety.

- Daycare Program
  - Fort McMurray and District
  - Leduc-Strathcona
- Health Habits for Preschoolers
  - Alberta West Central
  - Big Country
- Matilda's Health Tips
  - Edmonton Board of Health

Dental Health Education

Encourages good dental health habits for children.

• Care Bear Toothbrushing	- Big Country - Fort McMurray and District
• Daycare Presentations	- Chinook - Drumheller - Sturgeon
• Dental Health Education	- Barons-Eureka-Warner - Leduc-Strathcona - Sturgeon
• Dental Puppet Show and Clown Skit	- Foothills - Wetoka
• Puppet Show	- Barons-Eureka-Warner - Sturgeon
• Puppet Show, Clown Skit and "Buckshot" T.V. Presentation	- Banff National Park - Mount View
• The Story of Mary's Tooth	- South Peace
• Tooth Fair/Parties	- Alberta East Central - Athabasca - Vegreville

Mental/Emotional Health

Designed to help kindergarten children recognize and discuss their emotions.

• Feelings	- Banff National Park

Nutrition Programs

Using a variety of methods children are taught how to choose "healthy" foods.

• Good Food and Good Health	- Chinook - Leduc-Strathcona - Wetoka
• Kindergarten and Day Care Nutrition	- Big Country
• Kindergarten Snacking Program	- Alberta West Central
• Playschool Nutrition Game	- Edmonton Board of Health
• Preschool Nutrition Program	- Alberta West Central - Banff National Park
• Snack Teaching Resource	- Edmonton Board of Health

Poison Prevention Program — "Mr. Yuk"

A program presented to all kindergarten children to teach them how to recognize poisonous substances in their homes, as well as the dangers associated with these products.

- Fort McMurray and District

SCHOOL AGE

Dental

- Dental Health Programs in the School

  Programs provided in schools to promote the development of good dental health habits such as brushing and flossing.

  - Alberta East Central
  - Athabasca
  - Barons-Eureka-Warner
  - Chinook
  - Foothills
  - Fort McMurray and District
  - High Level-Fort Vermilion
  - Leduc-Strathcona
  - Mount View
  - North Eastern Alberta
  - Sturgeon
  - Vegreville
  - Wetoka

- Mouthguard Safety Promotion

  Teaches the importance of using a mouthguard to protect one's teeth while playing contact sports such as hockey and football.

  - Alberta East Central
  - Leduc-Strathcona
  - South Peace
  - Big Country

Childhood Injury and Accident Prevention

Designed to reduce accidental injuries through education.

- Banff National Park
- Edmonton Board of Health
- Minburn-Vermilion

Nutrition

- Science Fair Awards

  Awards are presented at the annual Science Fair to encourage students to submit nutrition related projects.

  - Joint project between Barons-Eureka-Warner, Chinook and City of Lethbridge

- An Illustrated Paragraph Contest

  Conducted annually to encourage grade 1-3 students to learn about "healthy" foods.

  - Sturgeon

Sexuality — Maturation Classes

To increase knowledge, explore attitudes and develop healthy lifelong behaviour in the area of human sexuality.

- Alberta West Central
- Banff National Park
- Barons-Eureka-Warner
- Big Country
- Chinook
- Edmonton Board of Health
- Foothills
- Fort McMurray and District
- Leduc-Strathcona
- South Peace
- Stony Plain-Lac Ste Anne
- Vegreville
- Wetoka

Child Abuse Research and Education

Teaches children to identify abusive behaviour and what options are available to deal with the situation.

- Banff National Park
- Edmonton Board of Health
- Foothills
- Wetoka

Smoking Education Programs

A variety of programs that give students the knowledge and skills to resist the pressure to smoke.

- Peer Assisted Learning (P.A.L.) Program — Grade 6
  - Banff National Park
  - Big Country
  - Calgary Health Services
  - Edmonton Board of Health
  - Fort McMurray and District
  - Leduc-Strathcona
  - Red Deer
  - Sturgeon
- "Smokebusters" — Grades 4-7
  - Fort McMurray and District
- Smoking Prevention Among Youth — Grade 6
  - Leduc-Strathcona
- Smoking and Oral Health
  - Minburn-Vermilion
- Smoking and Dental Disease
  - Athabasca

Weight Reduction Program

Program coordinated between junior high boys and girls, the health unit and school counsellor. Peer approach is used. - Leduc Strathcona

School Health Education

Classroom lessons and/or teacher training provided on a variety of current health topics. - All Health Units

ADOLESCENTS

Dental Health

- Critical Cavity Years Promotion Letter - Big Country

  A letter is sent to all 13 year olds reminding them of their susceptibility to cavities and encouraging them to maintain good dental health habits including regular brushing, flossing and check-ups.

- Demonstration/Display - South Peace

  High school lunch hour initiative promoting good nutrition and oral hygiene.

Mental/Emotional

- Teen Camp - North Eastern Alberta

  To promote self-esteem and decision making.

- Peer Support Program - Wetoka

  To provide a support system for students.

Nutrition Programs

- Adolescent Weight Control Program - Big Country - South Peace

  To help overweight teenagers lose weight and improve their basic knowledge of good nutrition practices.

- Preparation and Management of Breast Feeding - Calgary Health Services

  To provide adolescent mothers with information on the advantages of breast feeding and a supportive environment.

- Teen Cuisine - Calgary Health Services

  To increase skills in the area of meal planning, shopping and food preparation.

School Health Education

Classroom lessons and/or teacher training provided on a variety of current health topics. - All Health Units

- High School Resource Book and Display - Edmonton Board of Health

  Highlights prominent adolescent health issues which complement International Youth Year programs.

Sexuality/Family Life/Reproductive Health

Programs to increase students' knowledge about human sexuality and relationships to help them make healthy decisions.

- Applied Sociology (Grade 12 Sexuality) - Edmonton Board of Health
- Birth Control Options Presentation - Leduc-Strathcona
  - South Peace
- Early Parenting Seminar - Calgary Health Services
- Family Life Program - Big Country
  - Chinook
  - Foothills
  - Fort McMurray and District
  - South Peace
  - Wetoka
- Health Promotion Kit for Early Pregnancy - Calgary Health Services
  - South Peace

  A kit designed for use prior to the commencement of a prenatal class which promotes healthy lifestyles and provides early pregnancy information.

- "How to Say NO" - South Peace
- "It's Cool to Know Your Way In A Relationship" - Alberta West Central
- Pregnant Teen Program - South Peace

- Pre-natal Classes for Single Moms (including teens)
  - Alberta East Central
  - Calgary Health Services
  - City of Lethbridge
  - Fort McMurray and District
  - South Peace
  - Vegreville
- Presentations on Sexually Transmitted Diseases
  - Big Country
  - Fort McMurray and District
  - Leduc-Strathcona
  - South Peace
- Reproductive Health and Sexual Responsibility Series
  - Edmonton Board of Health
  - Fort McMurray and District

Smoking Education

Programs designed to discourage adolescents from smoking.

- Big Country
- Minburn-Vermilion
- Sturgeon

General — Health

- Breast Self-Examination Presentations

  To teach the importance of regular breast self-examination in order to identify breast cancer as soon as possible.
  - Athabasca
  - Barons-Eureka-Warner
  - Big Country
  - Chinook
  - Leduc-Strathcona
- Child Care Course for Babysitters

  Information sessions on home safety, fire safety and first aid, among others that prepare young adolescents to provide safe care for children.
  - Alberta West Central
  - Athabasca
  - Barons-Eureka-Warner
  - Big Country
  - Chinook
  - North Eastern Alberta
- Safe Food Handling Presentations

  Presentations for high school students to teach basic food preparation safety including proper cooking and storage of various food items.
  - Alberta East Central
  - Barons-Eureka-Warner
  - Calgary Health Services
  - Chinook
  - Sturgeon
  - Wetoka

ADULTS

Fitness

Testing program provided to assess fitness levels of adult participants and to provide counselling based on test results.

- Edmonton Board of Health

Mental/Emotional Health

- Changing Gears

  A workshop to assist adults in becoming aware of their present health status, how the body changes and how to facilitate healthy change.

  - Edmonton Board of Health

- Living Longer, Living Better Workshop

  A two day workshop designed to help participants assess their own health status, set goals and make plans to accomplish desired changes in their health.

  - Edmonton Board of Health

- Stress Management Workshop

  A workshop to help people cope with the stress encountered in daily life.

  - Edmonton Board of Health

Nutrition

Programs offered to teach adults the impact that proper diet has on their health and how to establish healthy eating habits.

- Good Eating To Guard Your Health
  - Calgary Health Services
- Look Good, Feel Good Information Package
  - Edmonton Board of Health
- Nutrition and Health Education for Immigrants
  - South Eastern Alberta
- Nutrition Issues for Women
  - Banff National Park
  - Barons-Eureka-Warner
  - Edmonton Board of Health
- Nutrition Lifestyle
  - Calgary Health Services
- Prescription for Losing: Healthy Do-It-Yourself Dieting Workshops
  - Barons-Eureka-Warner
  - South Peace

- Presentations on Nutrition and Lifestyle
  - Athabasca
  - Barons-Eureka-Warner
  - Fort McMurray and District
  - South Peace
  - Sturgeon
- Weight Control Management Classes
  - Edmonton Board of Health
  - Fort McMurray and District
- Early Postnatal Nutrition Package
  - Foothills

Dental — Special Needs Group

Presentation on dental health practices to group homes for mentally handicapped.

- Wetoka

Postnatal Support Groups

Semi-structured group sessions that provide mothers with the opportunity to discuss common concerns/problems of raising children.

- Alberta East Central
- Alberta West Central
- Athabasca
- Banff National Park
- Big Country
- Chinook
- City of Lethbridge
- Edmonton Board of Health
- Foothills
- Jasper National Park
- Leduc-Strathcona

Prenatal

- "Baby's Best Chance"
  - Developed by North Eastern Alberta

  A series of prenatal classes that will be shown on ACCESS Television for expectant parents who would not normally attend prenatal classes.

- "Beyond Pickles and Ice Cream" Prenatal Nutrition Teaching Package
  - Barons-Eureka-Warner
- Dental Slide Presentation
  - South Peace
- Prenatal Classes
  - Majority of Health Units

  To prepare expectant parents for a positive delivery and parenting experience.

Diabetic Education

Programs which provide diabetics and their families with information which promotes healthy living practices in spite of their diabetes.

- Athabasca
- Barons-Eureka-Warner
- Chinook
- High Level-Fort Vermilion
- South Peace
- Wetoka

Sexuality/Family Planning/Reproductive Health

A variety of workshops/seminars that increase knowledge to make informed choices.

- College Presentations on Birth Control, Sexually Transmitted Diseases and Population Issues
  - South Peace
- Community Education Series on Reproductive Health Issues

  A series of presentations for women and men to help them make informed decisions.
  - Fort McMurray and District
- Cross Cultural Family Planning

  To increase participants' understanding of family planning and increase knowledge and use of various types of birth control.
  - Edmonton Board of Health
- Premarriage Presentation on Sexuality and Marriage
  - South Peace
- Sexuality and Aging

  A workshop for Nursing Home Staff and Homemakers
  - South Peace

Smoking

- Smoking Cessation Presentation/Counselling

  Program to help people in their attempt to stop smoking.
  - Big Country
  - Calgary Health Services
  - Chinook
  - Edmonton Board of Health
  - Fort McMurray and District
  - Sturgeon
- "Smoking Against Your Will" video and workbook

  Presentation on the health consequences of second-hand smoke.
  - Interagency effort by Calgary Health Services and used by most health units. Aired on ACCESS Television.

Support Groups

- Adult Support Group — Agoraphobia - Edmonton Board of Health

  Support is offered to adults in the community who are homebound and fearful to venture outside of the home.

- Diabetic Support Group - Big Country

- Grief Recovery - South Peace (multi-agency)

- Pre-menstrual Syndrome Support Group - Fort McMurray and District

  A group setting where women can discuss common concerns and problems in order to help each other cope with these concerns.

- Unemployment Outreach - Edmonton Board of Health

  Promotes coping strategies for the unemployed and exposure to alternative resources for help.

Health Education for Multi-Problem Single Women

Program designed to educate women at increased health risk in the areas of nutrition, sexually transmitted diseases and birth control. - Edmonton Board of Health

Welcome Wagon Baby Showers

Demonstrations to promote the use of infant car seats by parents. - Wetoka

General — Health

- Breast Self-Examination Presentations - Sturgeon

  To teach the importance of regular self-examination.

- Children and the Challenge Parenting Program - Wetoka

- Health Issues for Cambodian Women - Edmonton Board of Health

  Increases Cambodian women's knowledge of good health practices and health services available in Edmonton.

- Self-Help Programs that promote individual and group self reliance by encouraging people to use their own resources to foster healthy living practices. - Edmonton Board of Health

- **Women's Health Issues**

  Presentations that provide information on health concerns of women.

  - Alberta East Central
  - Fort McMurray and District
  - Sturgeon

SENIORS

Dental Health Education

Presentation to provide dental health information specific to seniors.

- Alberta West Central
- Big Country
- Leduc-Strathcona
- Minburn-Vermilion
- Wetoka

Fitness

- **Seniors' Fitness Program**

  Provides an opportunity for seniors to socialize while participating in a structured exercise program.

  - Banff National Park
  - Barons-Eureka-Warner
  - Edmonton Board of Health

Hearing Loss and How to Cope

Presentation to explain loss of hearing, amplification and speed reading skills.

- Chinook

Mental Health

Depression and the Elderly is a public forum organized with community agencies.

- Big Country

Nutrition

- **Food For Life**

  Nutrition information and support offered to senior citizens by other trained seniors.

  - Leduc-Strathcona

- **Nutrition for Seniors Program**

  A series of presentations to help seniors prepare nutritious meals.

  - Big Country
  - Fort McMurray and District

Safety

- **Prevention of Falls for the Non-institutionalized Elderly**

  A program developed to prevent information aimed at preventing unnecessary falls among the elderly.

  - Banff National Park
  - Calgary Health Services

General — Health

A variety of programs that provide information to help seniors live a healthful life.

- Healthy Aging

  Presentations on topics such as nutrition, exercise, home safety and proper use of medications.

  - Alberta West Central
  - Athabasca
  - Banff National Park
  - Barons-Eureka-Warner
  - Big Country
  - Calgary Health Services
  - Chinook
  - Fort McMurray and District
  - High Level-Fort Vermillion
  - Leduc-Strathcona
  - South Peace
  - Sturgeon
  - Wetoka

- Seniors Health Promotion Project

  Retired nurses in a Senior Citizens' Centre provide health information to seniors.

  - City of Lethbridge

- Seniors' Fair

  Provides information on how to adopt or maintain a healthy lifestyle and information on services/agencies available for seniors.

  - Calgary Health Services
  - Edmonton Board of Health

COMMUNITY-WIDE EFFORTS

AIDS

- AIDS, Calgary Advisory

  A program to provide public education on AIDS.

  - Calgary Health Services

Cardiopulmonary Resuscitation

To increase awareness and to teach basic lifesaving skills to interested people.

- Athabasca
- Barons-Eureka-Warner
- High Level-Fort Vermilion
- North Eastern Alberta

Cardiovascular Health

A program to educate and motivate people to adopt healthier lifestyles.

- Calgary Health Services

Communicable Disease Program

Designed to promote and reinforce healthy living/hygiene practices.

- Fort McMurray and District
- North Eastern Alberta

Mental/Emotional Health

- Making the Best of a Bad Situation is a public forum for rural residents to cope with stress in difficult financial times. Presented in cooperation with local agencies.

- Big Country

Dental

- Dental Health Month

  A different theme is chosen each year during April to increase the knowledge of the general public on various aspects of dental health.

- Alberta East Central
- Alberta West Central
- Big Country
- Chinook
- Fort McMurray and District
- Leduc-Strathcona
- North Eastern Alberta
- South Peace
- Sturgeon
- Wetoka

Immunization Month

- Most Health Units

Non-Smoking Week

A different theme is chosen each January during non-smoking week in order to highlight various aspects of tobacco and health issues.

- Calgary Health Services
- Edmonton Board of Health
- Fort McMurray and District
- Leduc-Strathcona
- Red Deer
- South Peace
- Sturgeon

Nutrition

- New Immigrant Program

  Consultation program through Calgary Catholic Immigrant Society. Helps new immigrants to adopt healthy nutrition practices in the Canadian marketplace. Resource manual is included.

- Calgary Health Services

- Nutrition Month

  A different theme is chosen annually during March in order to increase the nutrition knowledge of the general public.

  - Banff National Park
  - Barons-Eureka-Warner
  - Big Country
  - Edmonton Board of Health
  - Fort McMurray and District
  - Foothills
  - North Eastern Alberta
  - Sturgeon

- Shape Up For The Long Run

  A program to increase community awareness of healthy dietary practices and how to reduce the risk of certain chronic diseases.

  - Calgary Health Services

Palliative Care

- Who Cares in Your Community

  A six week course developed to inform the general public about the concept and elements of palliative care and emphasizes the basic skills necessary to care for terminally ill people.

  - Vegreville

Promoting Health at Work

Program which targets the workplace to promote a healthy work environment and highlights the role individuals play in practicing good health habits.

- Cardiovascular Disease Prevention in the Workplace

  - Red Deer

- Health Practices for the Workplace

  - Edmonton Board of Health

Special Events

- Agency Media Conference

  Designed to highlight public awareness of health issues and accomplishments.

  - Calgary Health Services

- Health Fairs/Mall Displays

  Educational opportunities that cover a wide variety of health topics to individuals who would not directly access this information through the Health Unit.

  - All Health Units

- **Health Is More Than A Fringe Benefit** - Edmonton Board of Health

  A program to promote awareness of health from a physical, social, mental and community perspective and to inform the public of resources and alternatives.

- **Living Well — Inside and Out** - Edmonton Board of Health

  A presentation which promotes healthy winter living as part of the Winter Cities Project.

- **Newspaper Series** - Majority of Health Units

  Regular submissions to local newspapers on current issues.

Speech and Hearing Month

A different theme is chosen each May in order to increase the public's awareness of speech, language and hearing disorders.

- Banff National Park
- Barons-Eureka-Warner
- Big Country
- Chinook
- Fort McMurray and District
- Leduc-Strathcona
- Sturgeon
- Vegreville
- Wetoka

STRENGTHENING COMMUNITY HEALTH SERVICES

Community health services play a major role in the preservation of health, and are well situated to assume a more prominent role in health promotion.

Efforts that strengthen community health services provide opportunities for communities to determine and manage their own continuum of health. These efforts include involvement by community members in planning/ delivering their own services, enhancing the link between communities and their services and institution and increasing activities to help people cope with disabilities among many others.

To accomplish this, support and coordination of community services are critical Further, strengthening community health services is central to helping people help themselves, people helping each other and creating a healthy environment. Examples of local health unit initiatives which strengthen community health services are listed on the following pages.

II. STRENGTHENING COMMUNITY HEALTH SERVICES

INFANTS

Day Care

- Teaching Package

  A coordinated package of childhood and environmental health issues.

  - Banff National Park
  - Foothills (Planning initiated in October)
  - Sturgeon

Infant Car Seat Rental Program

Programs that either provide direct rental or facilitate the rental of infant car safety seats.

- Athabasca
- Barons-Eureka-Warner
- Big Country
- Chinook
- Foothills
- Leduc-Strathcona
- North Eastern Alberta
- South Peace
- Sturgeon
- Vegreville

PRESCHOOL

Children's Dental Clinics

- Chinook

Communicable Disease

- Day Care Communicable Disease Prevention Program

  Program to reduce the incidences of communicable disease and improve personal hygiene practices of children.

  - Banff National Park
  - Big Country
  - Fort McMurray and District
  - Wetoka

Day Care

- Day Care Liaison

  Designed to promote a healthy day care environment and facilitate healthy lifestyles in children.

  - Banff National Park
  - Barons-Eureka-Warner
  - South Peace
  - Sturgeon

- Day Care Resource Manual

  Information which promotes healthy lifestyles and safety practices.

  - Banff National Park
  - North Eastern Alberta

- Speech and Language Stimulation and Development to Daycare Staff - Big Country

Speech and Language Development Program for Teachers

A program that teaches the skills necessary to recognize and then assist students with specific speech problems.

- Big Country
- Fort McMurray and District
- South Eastern Alberta

SCHOOL AGE

Fluoride Rinse Program

Designed to reduce the incidence of dental decay by promoting and coordinating the use of fluoride rinse once a week at school. - Most Health Units

Nutrition

- Grade 8 Nutrition Program - Athabasca

  Teachers are inserviced on a series of lesson plans.

ADOLESCENTS

PEP Adolescent Sexuality Outreach

Identifies sexuality education needs of youth and develops educational packages for caregivers. - Calgary Health Services

ADULTS

Bereavement Class

Offered to the public, professionals and caregivers. - Barons-Eureka-Warner

Counselling Skills

A program to teach counselling skills to workers in the health care delivery system. - Edmonton Board of Health

Diabetic Education

- Senior Citizen Lodge Presentations - Sturgeon

  Provided to staff on general care, eating plans and medications.

Disasters — Public Health Role in Service Delivery During Disasters

Program to coordinate and facilitate service delivery during and after a disaster experience.

- Edmonton Board of Health
- Fort McMurray and District
- Sturgeon

Family Care Courses

- Aging Parents and Adult Children — Sturgeon

  One day seminar to increase awareness of aging and the implications for the family.

- Family Health Care Course — Alberta West Central

  A 24 hour course which promotes good family health practices and how to care for an ill person.

Food Handlers Training Program

A course that teaches employees working in the food industry the basic skills of safe food preparation, handling and storage.

- Most Health Units

Health Services in Edmonton — Aiding New English Speaking Refugees and Immigrants

A program to facilitate the orientation of newly arrived refugees and immigrants to the health care system in Edmonton.

- Edmonton Board of Health

Sexuality/Family Planning

- Communications, Sexuality and Family Planning Workshop — Calgary Health Services

  A 3 1/2 day workshop for social workers, nurses and teachers to increase knowledge on sexuality and family planning.

- Sexuality Education Inservice
  - Calgary Health Services
  - South Peace

  A two day workshop to develop professional staff skills in teaching human sexuality to adolescents.

- Sexuality Education Inservice for the Mentally Handicapped
  - Calgary Health Services
  - South Peace

  A workshop to increase staff knowledge, comfort and skills in sexuality education.

Nutrition

Infant Nutrition

A variety of programs and resources that provide information on infant nutrition.

- Hospital Education Program — Calgary Health Services

  Designed to facilitate standardized postpartum education programs.

- Resource Needs Assessment — Calgary Health Services

  Resource needs for parents and health professionals are identified.

- Resource Manual — Calgary Health Services

  A ready reference of nutrition guidelines provided to clinics.

Outreach Program — Homecare

Program designed to offer one-on-one social contact to those that are isolated, through volunteers.

- Vegreville

Speech/Hearing

- Classroom Assessment and Intervention of Language/Learning
  - Banff National Park
  - Big Country
  - Minburn-Vermilion

- Disabilities Workshop for Teachers
  - Wetoka

  A workshop to provide teachers with the skills to identify and assist students with language/learning disabilities.

- Presentation on Helping the Young Severely Hearing-Impaired Child in the Classroom
  - Banff National Park
  - Big Country
  - Fort McMurray and District
  - Minburn-Vermilion

  A presentation for teachers to provide them with skills to assist students with severe hearing impairments.

- Speech Development Workshop for Teacher's Aides
  - Big Country
  - Fort McMurray and District
  - South Peace
  - Wetoka

  A workshop for teacher's aides to help them recognize and then assist children with minor speech problems.

- **Speech and Language Development Workshop for Parents**

  Assist parents to work with their children in overcoming speech problems.

  - Alberta East Central
  - Banff National Park
  - Barons-Eureka-Warner
  - Fort McMurray and District
  - Minburn-Vermilion
  - South Peace
  - Wetoka

SENIORS

Chronic Obstructive Pulmonary Disease Support Group

A support group where people can share their problems and concerns and help each other cope with their condition.

- Foothills (being planned)

Clinic Support Program

A program where senior citizens can receive a health assessment and individual counselling related to aging, life changes and various health concerns.

- Calgary Health Services
- Edmonton Board of Health

Community Care Advocacy

Through workshops/presentations, issues of aging, premature institutionalization and long-term care are discussed.

- Alberta West Central

Community Development — Seniors Health

Designed to work with community agencies to provide comprehensive and coordinated nursing services for senior citizens and their families.

- Banff National Park
- Edmonton Board of Health

Volunteer Support Programs

Programs that use volunteers to assist families who have decided to care for terminally ill patients in the home or hospital.

- **Palliative Care**
  - Alberta West Central
  - Chinook
  - City of Lethbridge
  - Foothills
  - Vegreville
- **CAN Share Program**
  - Fort McMurray and District
- **Duggan Health Centre Caregivers Group**
  - Edmonton Board of Health

Dental

- Geriatric Project Program being piloted in a nursing home to improve geriatric oral health. - North Eastern Alberta - Wetoka

- Inservice presentation to nursing home auxiliary hospital staff on preventative practices with oral assessment and denture care. - Wetoka

Lodge Menu Evaluation — Nutrition

Matrons/Directors receive an evaluation of their menus. - Sturgeon

Records

- Vial of Life - Big Country

  Through home visits and group presentations, clients are encouraged to record personal medical information for use by emergency medical personnel.

- Lifeline - Vegreville

  A personal emergency response program for people at home with potentially life threatening problems. Operated in conjunction with community agencies.

COMMUNITY-WIDE EFFORTS

AIDS

- AIDS Education - Banff National Park - Edmonton Board of Health

  An interagency council has been established to assist in the coordination and promotion of activities dealing with AIDS prevention.

Cardiovascular Health

- Heart Health Project - Edmonton Board of Health

  Designed to assess the knowledge, attitudes, practices and risk factors of Edmontonians related to cardio-vascular health; and to facilitate and coordinate individual and environmental changes to support healthy living practices. Interagency Coordination.

Co-action on Health Promotion in Edmonton (COPHIE)

A forum for information exchange, networking, coordination and collaboration on health promotion initiatives between agencies in Edmonton.

- Edmonton Board of Health

Community Liaison Group

This group coordinates services of community organizations, identifies needs and sponsors programs which support healthy child/parent living practices.

- Chinook

Coordinating Council

A council composed of representatives from community agencies which meet on a regular basis to address community health needs.

- Banff National Park
- Big Country
- Fort McMurray and District

Family

- Family Agency Network

  A voluntary association of family support agencies which coordinate services and information in central Edmonton.

  - Edmonton Board of Health

- Family Violence

  To assist in the identification of family violence victims.

  - Foothills (being developed)

Health Line

Telephone based program to increase public knowledge in areas of mental health, social problems, addictions and medical concerns which increase people's knowledge to take care of themselves.

- Edmonton Board of Health

Mental/Emotional Health

Suicide

- Interagency Suicide Prevention Advisory Committee

  Composed of representatives from community agencies who recommend the types of services that the Suicide Prevention Program should provide.

  - Fort McMurray and District

- Prevention Training Program

  To increase awareness toward suicide behaviour and the range of resources/services available.

  - Big Country

Palliative Care

- **Awareness Week**

  To raise awareness of the range of services and options available to care for the terminally ill.

  - Vegreville

- **Palliative Care Councils**

  Interagency councils established within the community to support and coordinate palliative care efforts.

  - Alberta West Central
  - Athabasca
  - Calgary Health Services
  - Chinook
  - City of Lethbridge
  - Drumheller
  - Edmonton Board of Health
  - Foothills
  - Mount View
  - South Eastern Alberta
  - South Peace
  - Vegreville

Special Events

- **Fringe Festival Activities**

  Activities provided at the Health Centre, during the Fringe Festival, to heighten the public awareness of the programs and activities provided by the Health Unit.

  - Edmonton Board of Health

Physician Programs

Programs to facilitate the work of physicians and health units.

- **Immunization and Infection Control Workshops for Physicians**

  - Alberta West Central

- **Physicians' Orientation Kit** distributed to all physicians providing information on services, programs and regulations of the health unit.

  - Calgary Health Services
  - Fort McMurray and District
  - South Peace
  - Wetoka

- **Physicians' Bulletin**

  A regular bulletin sent to physicians to update them on current health issues.

  - Calgary Health Services
  - Sturgeon

Pregnant Teen Program — Advisory Committee

Health unit and schools work together to plan and coordinate program direction.

- South Peace

Strengthening Community Health Services

Workshop designed to identify health issues, needs, barriers and opportunities to strengthen community health services.

- Leduc-Strathcona

Team Building for Non-Profit Groups

Designed to improve the effectiveness of work teams providing human service delivery.

- Edmonton Board of Health

Water Quality

Designed to inform rural residents about water problems and how they can improve the quality of their water supply.

- South Peace
- Stony Plain-Lac Ste Anne
- Sturgeon

COORDINATING HEALTHY PUBLIC POLICY

Healthy public policy can make it easier for people to make health choices — therefore setting the stage for the healthy choice becoming the easy choice. Coordinating policies which promote health include income security, education, housing, business, employment, agriculture and transportation — among others.

Healthy public policy should reflect the needs of Albertans and their community, whether developed in church halls, union meetings, senior citizen centers, government offices or the legislature. Efforts by local health units to coordinate healthy public policy are listed on the following pages.

III. COORDINATING HEALTHY PUBLIC POLICY

Fluoridation Campaigns

Campaigns that are developed to encourage fluoridation of the water supply.

- Alberta East Central
- Alberta West Central
- Barons-Eureka-Warner
- Calgary Health Services
- South Peace

Smoking

Initiatives that attempt to provide protection to non-smokers from exposure to tobacco smoke by encouraging the development and implementation of smoking policies.

- Promotion of Smoke-Free Environment in Schools
  - Alberta West Central
  - Banff National Park
  - Barons-Eureka-Warner
  - Calgary Health Service
  - Edmonton Board of Health
  - Fort McMurray and District
  - Leduc-Strathcona
  - Sturgeon
- Promotion of a Tobacco Free Environment
  - Calgary Health Services
  - Edmonton Board of Health
  - Red Deer
  - Sturgeon
- Smoke-Free Workplaces
  - Alberta West Central
  - Banff National Park
  - Calgary Health Service
  - Edmonton Board of Health
  - Fort McMurray and District
  - Leduc-Strathcona
  - Sturgeon

Summer School on Community Health Promotion

An intensive program where invited participants learn about current developments in health promotion programs and policy at the international, national, provincial and local levels.

- Edmonton Board of Health

Towards a Healthier Edmonton

A community based, interagency approach is used to develop an action plan for Edmonton which promotes healthy lifestyles and a healthy environment, through coordinated healthy public policy and program development.

- Edmonton Board of Health

Seatbelts

Initiated advocacy strategies to support passage of seatbelt legislation.

- Most Health Units

Healthy City Association

To promote the health of Calgarians.

- Calgary Health Services

IV. ALBERTA HEALTH UNITS

Alberta East Central Health Unit
Box 550
STETTLER, ALBERTA
T0C 2L0 742-3326

Alberta West Central Health Unit
Box 1718
EDSON, Alberta
T0E 0P0 723-4421

Athabasca Health Unit
Box 1140
ATHABASCA, Alberta
T0G 0B0 675-2231

Banff National Park Health Unit
Box 1266
BANFF, Alberta
T0L 0C0 762-2990 or 762-3941

Barons-Eureka-Warner Health Unit
Box 1000
COALDALE, Alberta
T0K 0L0 345-4451

Big Country Health Unit
Box 279
HANNA, Alberta
T0J 1P0 854-3329

Calgary Health Services
320–17 Avenue S.W.
Box 4016, Postal Station "C"
CALGARY, ALBERTA
T2T 5T1 228-7400

Chinook Health Unit
Box 727
FORT MACLEOD, Alberta
T0L 0Z0 553-4451

City of Lethbridge Health Unit
542 Seventh Street South
LETHBRIDGE, ALBERTA
T1J 2H1 327-2166

Drumheller Health Unit
Box 1780
DRUMHELLER, Alberta
T0J 0Y0 823-3341

Edmonton Board of Health
#500, 10216–124 Street
EDMONTON, Alberta
T5N 4A3 482-1965

Foothills Health Unit
Box 638
HIGH RIVER, Alberta
T0L 1B0 652-3297 or 652-3298

Fort McMurray and District Health Unit
9921 Main Street
FORT McMURRAY, Alberta
T9H 4B4 743-3232

High Level-Fort Vermilion Health Unit
Bag 400
HIGH LEVEL, Alberta
T0H 1Z0 926-3791

Jasper National Park Health Unit
Box 925
JASPER, Alberta
T0E 1E0 852-4759

Leduc-Strathcona Health Unit
2011 Brentwood Blvd.
SHERWOOD PARK, Alberta
T8A 0X2 467-5571

Minburn-Vermilion Health Unit
Box 720
VERMILION, Alberta
T0B 4M0 853-5270

Mount View Health Unit
#200, 6715 Eighth Street N.E.
CALGARY, Alberta
T2E 7H7 275-2286

North Eastern Alberta Health Unit
Box 1468
ST. PAUL, Alberta
T0A 3A0 645-3396

Peace River Health Unit
Box 69
PEACE RIVER, Alberta
T0H 2X0 624-3611

Red Deer Health Unit
2845 Bremner Avenue
RED DEER, Alberta
T4R 1S2 341-2100

South Eastern Alberta Health Unit
2948 Dunmore Road S.E.
MEDICINE HAT, Alberta
T1A 0X2 526-7950

South Peace Health Unit
10320–99 Street
GRANDE PRAIRIE, Alberta
T8V 6J4 532-4441

Stony Plain-Lac Ste. Anne Health Unit
Box 210
STONY PLAIN, Alberta
T0E 2G0 963-2206

Sturgeon Health Unit
Box 174
ST. ALBERT, Alberta
T8N 1N3 459-6671

Vegreville Health Unit
Box 99
VEGREVILLE, Alberta
T0B 4L0

Wetoka Health Unit
5610–40 Avenue
WETASKIWIN, Alberta
T9A 3E4 352-3337